



the

Genesee County YMCA

Spring Session

Program Guide

May 4, 2025 – June 21, 2025

Member Registration: 4/7/25

Non-Member Registration: 4/21/25



WELCOME TO

Genesee County YMCA

For Community

Welcome to the Y. We're an inclusive organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

Letter from the Executive Director,

As we step into the season of renewal and growth, we are excited to present to you our Spring Program Guide – a collection of enriching opportunities designed to inspire, engage, and connect our community. Whether you're looking to learn something new, build meaningful relationships, or simply enjoy the beauty of the season, we have something special for everyone.

In this guide, you will find a wide array of programs and events that celebrate creativity, well-being, and personal growth.

Whether you are returning to an old favorite or trying something new, we hope you find joy, inspiration, and a sense of accomplishment in all that we offer.

We invite you to explore the full guide and register for programs that align with your interests. If you have any questions or need assistance, our team is here to help. We are so grateful for your continued support, and we look forward to welcoming you to a season of growth, discovery, and connection.

Warmest regards,

Josh Bender
Executive Director



"THE STRENGTH OF THE TEAM IS EACH INDIVIDUAL MEMBER. THE STRENGTH OF EACH MEMBER IS THE TEAM." – PHIL JACKSON

GLOW RIPTIDE SWIM TEAM
2025 YMCA STATE
CHAMPIONS:
REILLY DAVIS
CONNOR DERVIN
LOCKERBIE NEWTON





Youth Programing



TAEKWONDO

Tae Kwon Do is a Korean martial art focusing on self-defense with hands and feet, enhancing coordination, strength, and confidence. Classes involve stretching, exercises, fighting patterns, unarmed sparring, and its philosophy. Recommended for ages 8 and up.

Member:\$70

Non-Member: \$110

Time: Monday & Wednesday

4:15 – 5:15 PM

WATER POLO

Water polo is an exciting, high-energy sport that combines swimming, teamwork, and strategy, making it a fantastic activity for kids with a proficient swimming level. This class is a fun and challenging way for your child to stay active, build confidence, and make new friends. Ages 8-14

Member: \$70

Non-Member: \$110

Time: Wednesday

5:00-6:00 PM

DODGEBALL

In our dodgeball learning session, you'll have lots of fun, make new friends, and get better at the game. Plus, you'll get to practice teamwork and sportsmanship, all while getting lots of exercise! Classes include warming up, learning the skills, practice drills, and understanding team strategy! Ages 8-14

Member: \$70

Non-Member: \$110

Time: Wednesday

6:30-7:30 PM

GLOW GETTERS

Our Sport Sampler Class for the younger kids is a fun and exciting way to introduce children to a variety of sports and physical activities. This class is all about helping kids explore different games and sports while developing their motor skills, coordination, and teamwork abilities in a playful environment. Ages 4-7

Member: \$60

Non-Member: \$100

Time: Wednesday

5:30-6:15 PM



Youth Programing



FLAG FOOTBALL

Whether your child is new to the game or has some experience, our lessons are designed to help them develop their athletic abilities, teamwork skills, and football knowledge while having fun. We focus on creating a supportive and encouraging atmosphere where every child feels welcome to learn and grow at their own pace so our sessions are open to boys and girls of all skill levels. Flag football helps you get active, move your body, and have a great time while staying fit. Plus, it helps you build strength, speed, and coordination without even realizing you're working out!

Ages 5-7
9:30-10:30 AM

Ages 8-12
10:45-11:45 AM

Ages 13-17
12:00-1:00 PM

Members: \$70 Non-Members: \$110 Time: Saturday 9:30-1 Location: John Kennedy- 166 Vine St. Batavia

APRIL
26



HEALTHY KIDS DAY®

ymca.org/hkd



Challenger Sports



Challenger Taekwondo

This martial arts program for kids and young adults (ages 5–21) with developmental or physical disabilities. In a supportive and inclusive environment, students build confidence, coordination, and strength—while having fun and progressing at their own pace. Every student is empowered to succeed, both on and off the mat.

Dates: Saturdays, May 10th – May 31st

Time: 10:00am–11:00am

Members: \$10, Non-members: \$20

Challenger Floor Hockey

This is an inclusive program for kids and young adults (ages 5–21) with developmental or physical disabilities. Players learn stickhandling, passing, shooting, and teamwork in a fun, fast-paced, and supportive environment—no skating required! Everyone gets a chance to be part of the action, build confidence, and enjoy the excitement of the game at their own pace.

Dates: Mondays, May 5th – June 2nd *no class Memorial Day*

Time: 5:15pm – 6:00pm

Members: \$10, Non-members: \$20

Interested in volunteering? Contact Emily Hirsch via ehirsch@glowymca.org

Trainings and Certifications

LIFEGUARDING COURSE

This American Red Cross Blended Learning Lifeguard Course combines online coursework with in-person, instructor-led sessions to train participants in lifeguarding, CPR, AED, and first aid. Upon successful completion, participants receive a Lifeguarding certification valid for two years. Must be 15 years or older.

**When: June 6th– 6:00p–8:30p
June 7th & 8th 8:00a–5:00p
Cost: \$240**

CPR, AED & FIRST AID

This Health & Safety Institute (HSI) CPR, AED, and First Aid Class teaches individuals lifesaving skills for responding to medical emergencies. The course covers CPR for all ages, the use of an AED, and basic first aid techniques. Upon successful completion, students may receive a certification valid for 2 years.

**When: May 12th 5:30–8:00p
Or May 17th 9:00a–11:30a
Or June 9th 5:30a–8:00p
Cost: \$65–Members, \$80–Non-members**



SWIM LESSONS FOR ALL AGES AND ABILITIES

At the Genesee County YMCA, we offer a variety of swim lessons to help swimmers of all ages and skill levels develop confidence and proficiency in the water. Whether you're starting with the basics or preparing for a swim team, our lessons are designed to build essential skills in a fun and supportive environment. Explore our options below to find the perfect class for you or your child.



Water Discovery

Infants and parents work to adjust to the water and develop basic skills. Based on age, games and songs will be used to learn how to blow bubbles, kick, enter and exit the pool, and submerge their face in the water.

Water Exploration

Parent/Child class with instructor interaction. Helps toddlers learn basic water skills. Use of independent flotation devices is optional.

Stage 1

This is a beginner level for children. This level allows children to become acquainted with the pool, the use of flotation devices, and basic skills.

Stage 2

Children continue to practice and build upon basic skills, now performing more skills with limited aid of a flotation device. Elementary backstroke is introduced.

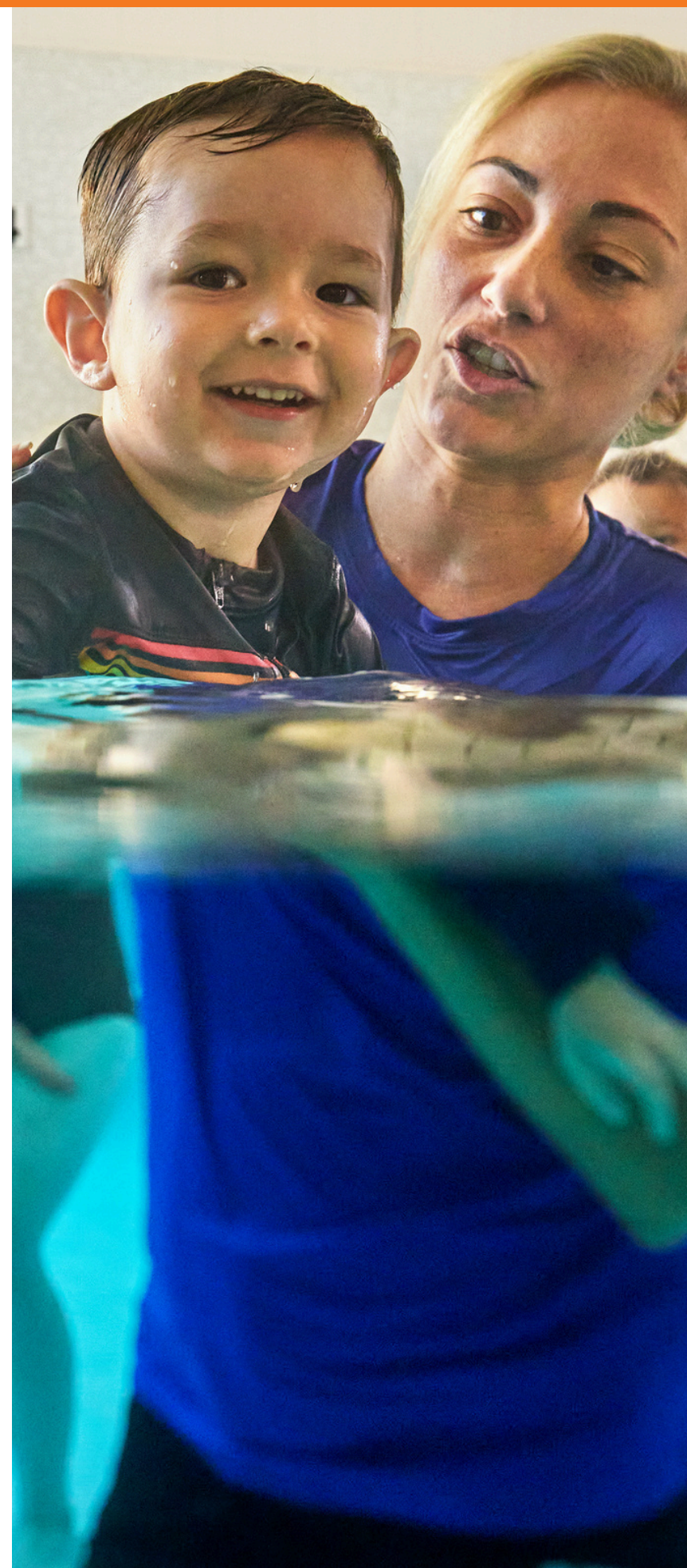
Stage 3

This is the initial intermediate level. Children must be able to swim 1 length of the pool. Strokes will continue to be refined, breaststroke is introduced.



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Stage 4

In this level, students work to further improve the crawl stroke, elementary backstroke, back crawl, and side stroke.

Swim Team Prep

This class focuses on building endurance and stroke technique. This is a great class for those interested in swim team.

Private & Semi-Private Lessons

A chance to have 1 on 1 or small group swim instruction based on individual skills and needs. Individually Scheduled.

Diverse Abilities

The YMCA offers swimming lessons for all skill levels and needs, including those with special requirements like autism and physical disabilities. Lessons, available for all ages from infants to adults, are customized for each participant, with instructors maintaining close communication with parents to meet agreed-upon goals.

SWIM LESSONS

CLASS	AGE	DAY	TIME	MEMBER	NON-MEMBER
Water Discovery	6mos-18mos	Saturday	9:00am	\$65	\$105
		Thursday	5:30pm	\$65	\$105
Water Exploration	18mos-36mos	Thursday	6:05pm	\$65	\$105
		Saturday	9:35am	\$65	\$105
Stage 1	3-12 YEARS	Tuesday	5:30pm	\$75	\$115
		Thursday	6:10pm	\$75	\$115
		Saturday	9:30am, 10:10am, 10:50am	\$75	\$115
Stage 2	3-12 YEARS	Tuesday	5:30pm, 6:10pm	\$75	\$115
		Thursday	5:30pm	\$75	\$115
		Saturday	9:30am, 10:10am, 10:50am	\$75	\$115
Stage 3	3-12 YEARS	Tuesday	6:10pm	\$75	\$115
		Thursday	5:30pm	\$75	\$115
		Saturday	10:10am	\$75	\$115
Stage 4	3-12 YEARS	Thursday	6:10pm	\$75	\$115
		Saturday	10:50am	\$75	\$115
Swim Team Prep	6-14 YEARS	Tuesday	5:30-6:30pm	\$100	\$135
Diverse Abilities	All Ages	Tuesday	5:30-6:15pm	\$75	\$115
		Wednesday	6:00-6:45pm	\$75	\$115



2025 – 2026
School Year

LEARN MORE



GLOWYMCA.ORG

Member
Registration
Opens in May

FIND YOUR AFTER
SCHOOL SPOT.
FIND YOUR Y.

» ENROLL YOUR KID TODAY

For a better us.®

BASE: BEFORE & AFTER SCHOOL ENRICHMENT

Where and how children spend their time is vital to their growth and success. At the YMCA, our Before and After School Programs provide a safe, trustworthy setting where kids thrive.

- » **Enriching Curriculum**
- » **Skill Development**
- » **Convenient & Consistent**
- » **Licensed Care**

**TO LEARN MORE VISIT
GLOWYMCA.ORG/BASE**

Genesee & Livingston

Locations:

- **Batavia**
- **Pembroke**
- **Elba**
- **Alexander**
- **LeRoy**
- **Wheatland–Chili**
- **Cal–Mum**
- **York**
- **Geneseo**

Summer Rec

OUR OUTDOOR SUMMER RECREATION PROGRAMS ARE DESIGNED TO PROVIDE STRUCTURED, SAFE, AND ACTIVE PLAY IN A FUN AND WELCOMING ENVIRONMENT FOR ALL CHILDREN. EACH DAY IS FILLED WITH EXCITING ACTIVITIES, INCLUDING SPORTS, SWIMMING, ARTS AND CRAFTS, GAMES, THEMED ADVENTURES, OUTDOOR EXPLORATION, SPECIAL GUESTS, AND MORE!

Batavia

Ages: Completed Kindergarten – 14 years

Time: 9:00 AM – 4:00 PM

Dates: July 8 – August 16

Locations: John Kennedy School, Lambert Park, Williams Park

Registration Opens:
April 26 at the YMCA

Geneseo

Ages: Completed Kindergarten – 12th Grade

Time: 9:00 AM – 1:00 PM
Extended Hours Available
1:00 PM – 4:00 PM

Dates: June 30 – August 8

Location: Highland Park

Registration Opens:
April 7

Oakfield

Ages: Entering Kindergarten – 13 years

Time: 9:00 AM – 1:00 PM

Dates: July 7 – August 8

Location: Oakfield Town Park

Registration Opens:
May 5 at Oakfield Town Park

York

Ages: Completed Kindergarten – 12th Grade

Mon – Thur: 9:00 – 12:00
Fri: 10:00 – 1:00

Dates: July 14 – August 15

Location: York Elementary School Playground

Registration Opens:
April 14

Parent's Night Out

FUN FOR KIDS, FREE TIME FOR YOU!

Need a night off? Drop your kids off at the Y for Parent's Night Out, held every first Friday of the month! While you enjoy a well-deserved break, your little ones will have a blast with games, crafts, and fun activities in a safe, supervised environment. Spaces fill up fast – reserve your spot today!

**Member: \$20 for the first child,
\$17 for each additional sibling**

**Non-Member: \$30 for the first child,
\$27 for each additional sibling**

Time: 5:30 PM – 8:00 PM

COMING UP

Pool Party – May 2nd
Bring your suits and
have a splash!

Carnival – June 6th
Join us for games and
fun as we end the
school year!



Have Your
Birthday
at
the Y!

Party Packages

- Basic Room Rental
- Adventure Room Party
- Swim Party
- Basketball Party
- Combo Package: Two activity options + Community Room

Visit glowymca.org for more information.





STRONG COMMUNITIES CAMPAIGN

2025

Part of the Y's charitable mission is the philosophy that we never turn away someone with an inability to pay for membership or programs. Through the Strong Communities Campaign, we help subsidize scholarships for youths, teens, adults, families and seniors in our community.

- **Our goal is to raise \$70,000**
- **Our campaign runs from 1/15– 6/10**
- **We want to positively impact at least 800 people's lives in the Genesee Community.**

Charitable gifts from YMCA donors help make it possible for kids to have a safe place to learn and build confidence; for families to reconnect and grow together; and/or seniors to have a safe and supportive place to gather to stay socially and physically engaged.

Please consider a gift to support us in achieving this goal and making our community stronger for all.



THANK YOU FOR YOUR SUPPORT



GENERAL INFORMATION AND POLICIES

AGE REQUIREMENTS

All children 12 and under must be accompanied by an adult member and/or have a parent or guardian in the facility at all times while using the YMCA unless participating in a supervised youth program or activity.

WELLNESS CENTER

12 years: Wellness Consultation required, must be 5 feet tall (60 inches).

14 years: Wellness Consultation required, adult supervision is not required.

Must be 14 years old to participate in group exercise classes (land or water).

AQUATICS

The pool will close for 30 minutes after the last strike of thunder or lightning per the Health Department.

Infants and non-potty trained toddlers must wear a swim diaper.

CHILD WATCH

Drop off available for family membership categories. 1.5 hours per day for ages six weeks through twelve years.

CREDITS/REFUNDS

Refunds are available only with an accompanying signed medical release from your doctor. Prior membership dues can be refunded for a maximum of two months only. Credits may be applied to program fees or annual invoice membership dues and must be used within one year of issue. Gift Certificates are for GLOW YMCA programs or services only and cannot be redeemed for cash or refunded to a credit card. Note: a \$20.00 service charge will be assessed for any item returned to the YMCA, such as, but not limited to: insufficient funds, closed bank account number, invalid or incorrect credit card number.

GENERAL INFORMATION AND POLICIES

LOCKER ROOM USE

We offer three locker room facilities: Women/Girls, Men/Boys and Family.

LOCKERS

Lockers are available for **daily use only**. All participants are encouraged to bring a lock to lock their personal belongings. The YMCA is not responsible for unsecured or lost personal items. Items left overnight will be removed from lockers.

NO SMOKING POLICY

The GLOW YMCA is committed to providing and maintaining a safe and healthy environment for all members, volunteers, and staff. Therefore, smoking is prohibited throughout our YMCA facilities and grounds. We thank you for your cooperation.

MAKE-UP POLICY

There will be no make-up classes unless class is cancelled by the YMCA.

CELL PHONE AND CAMERA POLICY

The use of cell phones or camera phones is not permitted in the locker rooms, wellness center, gymnasium, and other program areas. Photos and videos may be taken only with the signed permission of YMCA management and all participants being photographed.

INSURANCE

The GLOW YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk. It is recommended that you consult your physician prior to starting any new wellness routines.